

Tips for Surviving the Holidays

By Elaine M. Gibson

Whether it's Christmas, Chanukah, or Kwanzaa, December can be more than just getting gifts. Here's how you can help your child and yourself.

1. Concentrate more on what children can give than on what they will get.
2. Children need to earn the money they spend. If we want our children to learn the joy of giving, we must allow them to experience the hardship of sacrifice. Help them find ways to earn money by doing extra work around the house.
3. simplify family life instead of planning more things to do during this season.
4. Give children what they want most, relaxed and loving time with their parents. There will be many years later for fancy parties and non-stop engagements.
5. Treasure the time and the season when your children are small.
6. Create holiday traditions for children.
7. Children love rituals and feel safe and secure knowing what will happen and when. Parents can pass on traditions from their childhoods or adopt new traditions for their own families. Traditions anchor our memories of childhood. Warm and wonderful memories are a treasured gift we can give our children.

<http://www.elainegibson.net/parenting/xmasrules.html>

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Giving Thanks

Throughout history mankind has celebrated the bountiful harvest with thanksgiving ceremonies.

Before the establishment of formal religions, many ancient farmers believed their crops contained spirits, which caused the crops to grow and die. Many believed these spirits would be released when the crops were harvested and they had to be destroyed or they would take revenge on the farmers who harvested them. Some of the harvest festivals celebrated the defeat of these spirits.

Harvest festivals and thanksgiving celebrations were held by the ancient Greeks, Romans, Hebrew, Chinese, Hebrews and Egyptians, among others.

The Greeks

The ancient Greeks worshipped many gods and goddesses. Their goddess of corn (actually all grains) was Demeter who was honored at the festival of Thesmophoria held each autumn.

The Romans

The Romans also celebrated a harvest festival called Cerelia, which honored Ceres their goddess of corn (from which the word cereal comes). The festival was held each year on October 4th and offerings of the first fruits of the harvest and pigs were offered to Ceres. Their celebration included music, parades, games and sports and a thanksgiving feast.

The Chinese

The ancient Chinese celebrated their harvest festival, Chung Ch'ui, with the full moon that fell on the 15th day of the 8th month. This day was considered the birthday of the moon and special "moon cakes", round and yellow like the moon, would be baked. Each cake was stamped with the picture of a rabbit - as it was a

Quote of the Day

"In the truest sense, freedom cannot be bestowed.

It must be achieved."

**Franklin Delano Roosevelt,
1941**

rabbit, not a man, which the Chinese saw on the face of the moon.

The Hebrews

Jewish families also celebrate a harvest festival called Sukkoth. Taking place each autumn,

Sukkoth begins on the 15th day of the Hebrew month of Tishri, five days after Yom Kippur the most solemn day of the Jewish year.

When celebrating Sukkoth, which lasts for eight days, the Jewish people build small huts of branches which recall the tabernacles of their ancestors. Inside the huts are hung fruits and vegetables, including apples, grapes, corn, and pomegranates. On the first two nights of Sukkoth the families eat their meals in the huts under the evening sky.

The Egyptians

The ancient Egyptians celebrated their harvest festival in honor of Min, their god of vegetation and fertility. The festival was held in the springtime, the Egyptian's harvest season.

The United States

In 1621, after a hard and devastating first year in the New World the Pilgrim's fall harvest was very successful and plentiful. They found they had enough food to put away for the winter.

Source:
www.holidays.net

The Origins of the Veterans' Day Holiday

By Borgna Brunner

In 1921, an unknown World War I American soldier was buried in Arlington National Cemetery. Similar ceremonies occurred earlier in England and France, where an unknown soldier was buried in each nation's highest place of honor (in England, Westminster Abbey; in France, the Arc de Triomphe).

11/11/11

These memorial services all took place on November 11, the anniversary of the end of World War I at 11:00 a.m., November 11, 1918 (the 11th hour of the 11th day of the 11th month), which became known as Armistice Day.

Armistice Day Becomes Veterans Day

Armistice Day officially became a holiday in the United States in 1926, and a national holiday 12 years later. On June 1, 1954, the name was



changed to Veterans Day to honor all U.S. veterans.

In 1968, new legislation changed the national commemoration of Veterans Day to the fourth Monday in October. It soon became apparent, however, that November 11 was a date of historic significance to many Americans. Therefore, in 1978 Congress returned the observance to its traditional date.

Dollar bill facts and figures

Take out a one-dollar bill and look at it. The one-dollar bill you're looking at first came off the presses in 1957 in its present design. This so called paper money is in fact a cotton and linen blend, with red and blue minute silk fibers running through it. It is actually material. We have



all washed it without it falling apart. A special blend of ink is used, the contents we will never know. It is resistant and pressed to give it that nice crisp look and feel. When you look on the front of the bill, you will see the United States Treasury seal. On the top you will see scales for a balanced budget. In the center you have a carpenter's square, a tool used for an even cut. Underneath is the key to the United States.

That is all pretty easy to figure out, but what is on the back of that dollar bill is something we should all know. If

you turn the bill over, you will see two circles, together, comprise the great seal of the United States. The First Continental Congress requested that Benjamin Franklin and a group of men come up with a seal. It took them four years to accomplish this task and another two years to get it approved.

If you look at the left hand circle, you will see a pyramid. Notice the face is lighted and the western side is dark. This country was just beginning. We had not begun to explore the west or decide what we could do for western civilization. The pyramid is uncapped, again signifying that we were not even close to being finished.

Inside the capstone you have the all seeing eye, an ancient symbol for divinity. It was Franklin's belief that one man could not do it alone, a group of men, with the help of God could do anything.

Unknown Soldier Identified

On Memorial Day (which honors U.S. service people who died in action) in 1958, two more unidentified American war dead, one from World War II and the other from the Korean War, were buried next to the unknown soldier of World War I.

A law was passed in 1973 providing interment of an unknown American from the Vietnam War, but because of the improved technology to identify the dead, it was not until 1984 that an unidentified soldier was buried in the tomb.

In 1998, however, the Vietnam soldier was identified through DNA tests as Michael Blassie, a 24-year-old Air Force pilot who was shot down in May of 1972 near the Cambodian border. His body was disinterred and reburied by his family in St. Louis, Missouri.

13 Facts about the dollar bill

A one-dollar bill stands for:

- 13 original colonies
- 13 signers of the Declaration of Independence
- 13 stripes on the flag
- 13 steps on the pyramid
- 13 letters in the Latin above
- 13 letters in E PLURIBUS UNUM
- 13 stars above the Eagle
- 13 Plumes of feathers on each span of the Eagles wing
- 13 bars on the shield
- 13 leaves on the olive branch
- 13 fruits, and if you look closely
- 13 arrows
- And the 13th amendment

Source: www.infoplease.com/spot/veteransday1

Source: www.seacadets.info/dyn/dollarbill.htm

Chicken Fun

Q. Why did the chicken cross the playground?

A. To get to the other slide.

Q. What side of a chicken has the most feathers?

A. The outside of course.

Q. Which day of the week do chickens hate most?

A. Fry-day!

Q: Why did the chicken cross the road half way?

A: He wanted to lay it on the line!

Edible Checkers

WHAT YOU NEED

- 1 bag of NESTLÉ CRUNCH Minis
- 1 checkerboard

HOW TO PLAY

1. The game of Checkers has been played since medieval times and was originally called "Draughts".
2. Checkers is a game for two players
3. Give each player twelve edible checkers of the same color (a different color for each player).
4. Have each player place his or her checkers in three horizontal rows making sure that they are all on the same color square.
5. At the start of the game, all of the checkers may move diagonally only, always staying on the same color square.
6. Each player takes a turn moving their checker forward diagonally, the object being to capture all of their opponent's men by jumping over them into a vacant squares on the other side.
7. Any checker that reaches an empty square on their opponent's first row, becomes King. A King can move diagonally forward and backwards and can capture an opposing piece by jumping diagonally in any direction.
8. To win the game, one player must block his or her opponent's checkers so that they cannot move, or they must have captured all of them.
9. The winner of this Edible Checkers Game has the fun of eating all of the pieces that he or she captured!

Source: Nestle Corporation
www.verybestkids.com

FUN Pages

Down On The Farm

1. The U.S. is the world's largest exporter of agricultural products.
2. The average farmer produces enough food to feed about 129 people, 97 people in the U.S. and 32 people abroad.
3. One dairy cow makes 100 glasses of milk each day.
4. One beef cow produces enough hamburgers for 1,500-quarter pound hamburgers.
5. Popcorn is actually a Native American invention. The first Americans to enjoy popcorn were the colonists who attended the first Thanksgiving dinner on February 22, 1630.
6. A flying honeybee beats its wings 250 times per second.



Did you know...

...a combine can harvest enough wheat in nine seconds to make 70 loaves of bread?

...per capita flour consumption in the U.S. is 141 pounds?

...wheat flour is an ingredient in many brands of licorice?

... Americans eat 90 acres of pizza per day!

Fun Facts courtesy of
www.montanakids.com

An afternoon snack you can make

Apple Surprise Using an apple corer or a knife (*have an adult help you with the knife*), cut out the inside of an apple. Remove the core and all apple seeds. Fill the apple with peanut butter or a mixture of peanut butter and raisins. MMM-good!

Melani Roewe <http://www.osweb.com/kidzkorner/treats.htm>

Facts About The Moon



- ☐ As a satellite of the Earth orbits around it.
- ☐ Is the only object in space that man has ever visited. One reason is that the Moon is much closer to Earth than the other planets (on average about 240,000 miles).
- ☐ Has a diameter of about 3,476 kilometers.
- ☐ Takes 27.3 days to make one orbit around the Earth and 27.3 days to complete one rotation on its axis.
- ☐ Surface has many craters on it. These were formed by meteor crashes a long time ago.
- ☐ Causes many of the tides in the Earth's oceans. This is because of the gravity force between the Earth and Moon.

Moon Facts courtesy of <http://www.frontiernet.net/~kidpower/homepage.html>

Dinosaur Bones

Some tourists in the Chicago Museum of Natural History were marveling at the dinosaur bones. One of them asked the guard, "Can you tell me how old the dinosaur bones are?"

The guard replied, "They are 3 million, four years, and six months old."

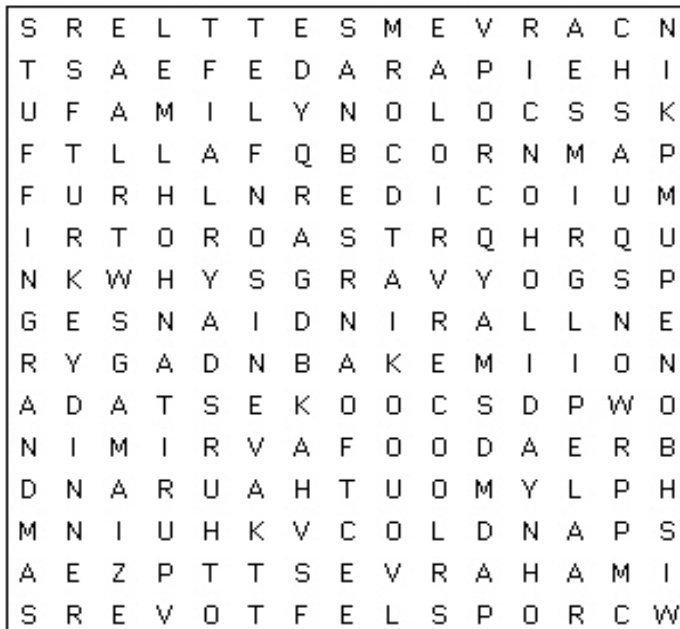
"That's an awfully exact number," said the tourist. "How do you know their age so precisely?"

The guard answered, "Well, the dinosaur bones were 3 million years old when I started working here, and that was four and a half years ago."

Jokes courtesy of <http://www.grinsngiggles.com>

Knock Knock Who's there?
Frederick! Frederick who?
Frederick Express!

THANKSGIVING



Find the words below in the puzzle above ... up, down, backwards, forwards or diagonally.

BAKE	EAT	LEFTOVERS	SETTLERS
BREAD	FALL	MAIZE	SNOW
CARVE	FAMILY	MAYFLOWER	SQUASH
CIDER	FEAST	NAPS	STUFFING
COLD	FOOD	PARADE	THANKFUL
COLONY	GRANDMAS	PIE	THURSDAY
COOK	GRAVY	PILGRIMS	TRAVEL
CORN	HAM	PLYMOUTH	TURKEY
CRANBERRIES	HARVEST	PUMPKIN	VENISON
CROPS	HOLIDAY	PURITIN	WISHBONE
DINNER	INDIANS	ROAST	YAMS

Copyright 2000 John R. Potter John's Word Search Puzzles www.thepotters.com/puzzles.htm

Sports Tips

Follow these tips to learn the free throw

1. If you are right-handed, line up your right foot (left foot if you are left handed) so it's lined up with the front center of the rim
2. Set up your opposite foot at a 45 degree angle for balance.
3. Get a good feel for the ball by bouncing it a couple of times or spinning it in your hands. This will become your routine.
4. Grip the ball so it is comfortable in your shooting hand.
5. Bend your knees, focus on the rim and exhale. Make sure to take a deep breath to relax.
6. In a fluid motion, cock the ball up to your chest or wherever you feel comfortable shooting from with your shooting hand only.
7. Grip the ball with just your fingertips. Your palms should not touch the ball.
8. Make sure you follow through with your wrist so you get proper rotation.

Once you have established a routine, use it every time. Remember it this way: "BEEF" for Balance, Eyes, Elbow, and Follow through.



Source: www.basketball.lifetips.com

The History of M&M's

Who would have guessed that the idea for "M&M's"® Plain Chocolate Candies was born in the backdrop of the Spanish Civil War? Legend has it that on a trip to Spain, Forrest Mars Sr. encountered soldiers who were eating pellets of chocolate that were encased in a hard sugary coating to prevent them from melting. Inspired by this idea, Mr. Mars went back to his kitchen and invented the recipe for "M&M's"® Plain Chocolate Candies.

First sold to the public in 1941, "M&M's"® Plain Chocolate Candies became a favorite of American GIs serving in World War II. Packaged in cardboard tubes, "M&M's"® Plain Chocolate Candies were sold to the military as a convenient snack that traveled well in any climate. By the late 1940's, they became widely available to the public, who gave them an excellent reception. In 1948, the packaging changed from a tube form to the characteristic brown pouch known today.

Rainbow Blondies



- 1 cup (2 sticks) butter or margarine
- 1-1/2 cups firmly packed light brown sugar
- 1 large egg
- 1 tsp vanilla extract
- 2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1 12-ounce package (1 3/4 cups) "M&M's"® Semi-Sweet Chocolate Mini Baking Bits
- 1 cup chopped walnuts or pecans

Preheat oven to 350°F (325°F for glass pan). Cream butter and sugar until light and fluffy; add egg and vanilla extract. Combine flour and baking soda; add to creamed mixture just until combined. DOUGH WILL BE STIFF. Stir in M&M's® Chocolate Mini Baking Bits and nuts. Spread dough into a greased 13 x 9-inch baking pan. Bake 30 to 35 minutes or until wooden pick inserted in center comes out slightly moist with crumbs. Cool completely before cutting. Store in tightly covered container.

M&M story and recipe courtesy of www.mms.com

Cold or Flu: 10 Ways to Tell the Difference

As the flu season comes upon us and our children seem to have the endless runny nose and cough, the question often comes up as to whether they have the flu or not. Deciding this is difficult even for pediatricians, because the symptoms of the flu can be somewhat variable in children.

There is a test that can be done, but it takes about a week to get the results, which makes the utility of it minimal. Therefore, the diagnosis of the flu is generally made by assessing the signs and symptoms in your child, as well as knowing whether the flu virus has arrived in your town. by checking with Centers for Disease Control or your local hospital, you can find out if the flu has officially hit your town.

As always, it is a good idea to keep in close contact with your health care provider if you feel your child has the flu. Hopefully the following table can lend some assistance for all you parent-warriors battling this cold and flu season.

Robert W. Steele, MD, is a board certified pediatrician at St. John's Children's Hospital in Springfield, Missouri. <http://www.parentsoup.com/experts/ped/articles/>

The Common Cold

Cause: Multiple viruses can do it
When: Anytime of the year
How Spread: Droplets from nose and throat
Incubation: Can be up to 2 weeks
Fever: Occasionally
Chills: Rarely
Muscle Aches: Occasionally
Headaches: Occasionally
Sore Throat: Mild and intermittent
Cough: Common
Diarrhea: Can be common
Vomiting: Can be common
Pneumonia: Very uncommon
Treatment: Over the counter medications for symptoms
Prevention: Careful hand washing

The Flu

Cause: Influenza A or B virus
When: Late fall and winter
How Spread: Droplets from nose/throat
Incubation: Usually 2 days
Fever: Almost always
Chills: Common
Muscle Aches: Common, sometimes severe
Headaches: Common
Sore Throat: Painful and more persistent
Cough: Common
Diarrhea: Uncommon
Vomiting: Not usually
Pneumonia: Can occur
Treatment: Amantidine or Rimantidine
Prevention: Flu vaccine/ Hand washing

Slim Down Your Overweight Child

Childhood obesity is becoming more and more common in the United States. According to the Centers for Disease Control and Prevention (CDC), over the past 30 years, the number of overweight children ages 6 to 11 years has more than doubled. But what can you do to help your child shed unwanted pounds? Here are some dos and don'ts for your child's weight-loss success:

Do encourage children to eat slowly. Eating at a slower pace makes it easier for children to recognize when they're full.

Do eat meals as a family. Whenever possible, have a sit-down dinner with the whole family. Use this time to enjoy your meal and learn about your child's day.

Do plan snacks. Planned, portion-controlled, low-fat snacks can help keep kids satisfied between meals and stave off binge eating.

Do get to know the school lunches. Be

aware of what's served at school, or pack a nutritious lunch for your child.

Don't stigmatize foods. Instead of eliminating treats let everyone in the family enjoy them in moderation.

Don't make television your meal companion. Designate specific areas for eating such as the kitchen table or dining room — not the TV room.

Don't use food as a punishment or a reward. Parents send the wrong message about food when they use treats to reward achievement or withhold them as punishment.

Holiday Budgeting

Seven steps for holiday spending.

Step 1: Make a List

Take a tip from Santa—make a list and check it twice. Does everyone belong on this list? Be discerning. Divide your list into A (everyone) and B (those who get something special). Stick to the list.

Step 2: Set Limits

As you're making your list, write down a maximum dollar limit for everyone. Then keep track of how much you actually spend. Think of this list as a very short-term financial plan. Stick to it.

Step 3: Buy in Bulk

Write in a soft amount for unexpected presents. Buy in bulk: a case of wine, elegant candles or tins of homemade cookies, which will also do nicely for party hosts.

Step 4: Be Realistic

Ask yourself: is that maximum amount you figured in Step 2 really something you can afford? Do you have the cash on hand for this spending spree, or will you be carrying credit card debt in January? Get creative about ways to save.

Step 5: Trim Your Expenses

Revisit the list: should it be smaller? Could you make some of those presents yourself? Are you part of a large family, circle of friends, or group of co-workers who might be willing to participate in a gift exchange? These are all ways to enjoy giving without paying the price in January.

Step 6: Stick to the List

This is the toughest part. Use cash. It makes it harder to spend more than what you have. Take only the exact amount you've planned to spend on the gifts you're shopping for the day you shop.

Step 7: Start Getting Ready for Next Year

After Christmas, consider taking advantage of some of those post-holiday sales for the people who'll be on you list next year.

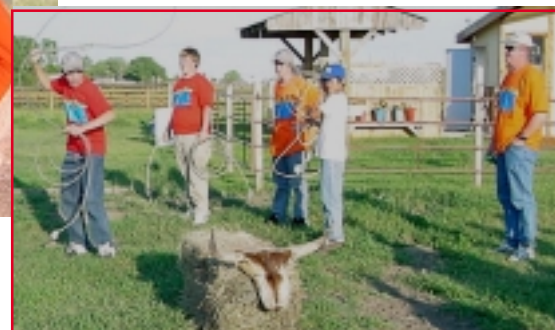
And remember, the act of giving can be as simple as a smile. Practice giving all year long.

<http://www.thirdage.com/features/money/save/>

From City Lights to the Northern Lights



"Every trip I go on, I learn something new and valuable!"



By Cindy Berg
Nellis Teen Director

The Nellis Air Force Base Training Responsible Adolescents In Leadership (TRAIL) members embarked on their greatest adventure during the summer of 2003-to a small rural community in Northern Montana. The adventure, which lasted eight days, introduced the teens to life on a farm, fear factor types challenges, lots of new cultural experiences and many new friends!

The 18 teenagers who attended the trip were divided into three teams of six. Throughout the trip they were given clues that would lead them to their next challenge. Some of the challenges included playing "21" with marked sheep, a buffet of fear factor food, a Global Positioning System (GPS) puzzle search, dressing sheep,



leading and grooming cattle, a trivia challenge of the local area and a whole lot more!

The trip also included many new cultural experiences for the teens, such as visiting an Amish community, attending a Pow Wow put on by the Ft. Belknap Boys & Girls Club, participating in a rodeo, sleeping in a barn, touring an underground city, Buffalo Jump and Chief Joseph Battlefield and eating a variety of foods that were very different to the teens such as a Pitchfork Fondue! The teens also enjoyed entertainment around nightly campfires!

To give a little back to the

community the three teens made wreaths and placed them on The Airman's Memorial, at the crash site where many Air Force members lost their lives. The local community had never had a group of Air Force youth visit the memorial, so it was very special to all.

The trip truly exemplified what TRAIL at Nellis stood for-experiencing something new, testing personal limits, giving to the community, making new friends and memories that will last for a lifetime! As one teen stated, "I am very grateful to have experienced this trip. Every trip I go on I learn something new and valuable!"

UNITED STATES

Youth LINK

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Please visit: www-p.afsv.af.mil/FamilyMemberPrograms.youthmain.htm

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